

# San Bruno Senior Center - Adults 50+

1555 Crystal Springs Road - 650-616-7150

## Art & Special Interests, Exercise, Music & Dance

### Mondays

3-Mile Hike.....	8:15am
Intermediate Western Line Dancing.....	9:00am
*Ceramics ....Begins 1/11.....	9:00am
*Arm Chair Travel ...Begins 1/11.....	10:00am
Zumba Gold.....	10:00am
Ballroom Dancing (to live music).....	10:45am
Bridge.....	1:00pm
*Wings Over Italy ....Begins 1/11.....	1:00pm
BINGO.....	1:10pm
Computer Club.....	1:00pm
*Gentle Pilates.....Begins 1/11.....	3:30pm
*Yoga.....Begins 1/11.....	4:30pm

### Tuesdays

Fun & Fitness Exercise.....	9:00am
Beg/Int Tap Dance.....	10:00am
Spanish Lessons.....	10:00am
Ukulele Lessons I.....	10:00am
First Time Tappers.....	11:00am
Jazz Dance.....	12:30pm
Computer Club.....	1:00pm
Ukulele Lessons II.....	1:00pm
Ballroom Dance Lessons.....	2:00pm

### Wednesdays

3 Mile Hike.....	8:15am
Advanced Western Line Dancing.....	9:00am
Stained Glass.....	9:30am
Eye Glass Repair.....(2 <sup>nd</sup> Wed).....	10:00am
Ballroom Dance (to live music).....	10:45am
Computer Club.....	1:00pm
*Current Affairs....Begins 1/13.....	1:00pm
Beginning Western Line Dancing.....	1:00pm
Intermediate Western Line Dancing.....	2:00pm
Tai Chi.....	3:15pm
BINGO.....	1:10pm
*Yoga.....Begins 1/13.....	4:30pm
Zumba.....	6:00pm

### Daily Drop In Activities

Bocce Ball  
Pool Tables  
Cards  
Twice Monthly Pedro Tournaments  
Monday and Friday afternoon Bridge Club

Lunch & Transportation programs sponsored in part  
by San Mateo County Area Agency on Aging.

### Thursdays

Fun & Fitness Exercise.....	9:00am
Creative Writing.....	10:00am
*Yoga .....Begins 1/14.....	10:30am
*Oil/Acrylic Painting....Begins 1/14.....	12:30pm
Softball .....	10:30am
Ballroom Line Dancing.....	1:00pm
Coping with Change & Loss Support Group..	1:00pm
Pedro (1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Thursday Tournament)...	12:30pm
Thursday Night BINGO.....	5:00pm

### Fridays

3 Mile Hike.....	8:15am
Advanced Tap Dance.....	9:00am
*Knitting....Begins 1/15.....	9:00am
Movie (1 <sup>st</sup> Friday).....	9:30am
Music Sing Along (2 <sup>nd</sup> Friday).....	11:00am
Computer Club.....	1:00pm
Bridge.....	1:00pm
Gardening Class.....	1:00pm
BINGO.....	1:10pm
Ping Pong (2 <sup>nd</sup> & 4 <sup>th</sup> Friday).....	1:30pm

**\*Sponsored by San Mateo Adult Education**

### San Mateo Adult Education Programs

Held at San Bruno Senior Center

All seniors (50+) are invited to participate in all classes.  
Co-sponsored with San Mateo Union High School District. There is a nominal fee for the above co-sponsored programs.

<b>Class</b>	<b>Instructor</b>	<b>Day</b>	<b>Times</b>
Ceramics	Ann Grannis	M	9am
Armchair Travel	Aldo Pardini	M	10am
Wings Over Italy	Aldo Pardini	M	1pm
Pilates	Stephanie Funk	M	3:30pm
Yoga	Matt McGovern Cory	M & W	4:30pm
Current Affairs	Jack Mather	W	1-2:30pm
Yoga	Rebecca Blake	Th	10:30-11:30am
Painting	Jeri McGovern	Th	12:30-3:30pm
Knitting	Paola Trombetta	F	9am

Individual Class Fees range from free to \$5 per class.

\$30 Class Card per class. \$55 unlimited classes for 10 week sessions.